



Arkansas Dental Health & TMJ Therapy Center

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JIMMY LONG

I first noticed my jaw popping over ten years ago. What started out as an occasional pop here and there became worse, usually dependent on what I was eating. In 2004 I realized I had a real problem, it seemed as though overnight the nuisance had become a big issue. I became self-conscious when eating with others because the popping had become so loud others could hear it. I found myself ordering food that did not require me to open my mouth wide to eat. I also found that I had constant headaches behind my eyes and forehead. I wondered if I needed glasses so I consulted my eye doctor who informed me I had 20/20 vision. At that time, I assumed my headaches were from stress so I continued with my daily routine.

I am a detective for a police department and part of my job requires me to conduct interviews almost on a daily basis. My TMJ problems had progressed to the point that I could not conduct interviews without severe pain and popping my jaw. As can be

expected, the constant pain and popping altered my mood to the point my family called it to my attention. That is when I knew it was time to seek help!

My family physician referred me to Arkansas Dental Health and TMJ Therapy Center. Dr. Sam Beavers took the time to explain what TMJ disorder is and showed me what was going on with my jaw. I remember being a bit skeptical when he told me that he could stop my pain in a couple of days, but due to the pain I was experiencing I decided to follow through with his treatment plan. The appliance was made within an hour and placed in my mouth. My jaw has not popped since and by two days later my jaw pain and headaches were completely gone. I am amazed at what the center has done for me.